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CLOSURE

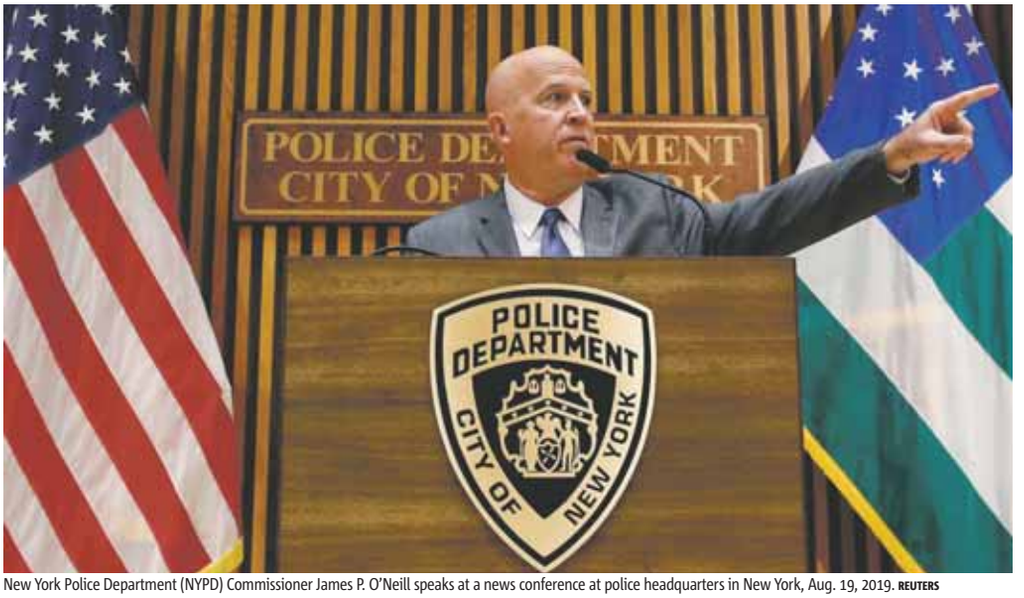
Five years after the chokehold death of unarmed Eric Garner at the hands of New York City Police Officer Daniel Pantaleo, an event that propelled the Black Lives Matter movement but earned passes from a local grand jury and the U.S. Justice Department, NYPD Commissioner James O'Neill on Monday fired Pantaleo, prompting the police union president to cry foul. 2

College days: Our Education Guide to the Fall 2019 semester is inside. 13-19

ISTOCK

NYPD fires officer who placed Eric Garner in deadly chokehold

Previously, a grand jury declined to indict Daniel Pantaleo, and the Justice Dept. opted not to prosecute.



New York Police Department (NYPD) Commissioner James P. O'Neill speaks at a news conference at police headquarters in New York, Aug. 19, 2019. REUTERS

The New York Police Department on Monday fired the white officer who used a deadly chokehold on Eric Garner while trying to arrest him in 2014, an incident that helped fuel the "Black Lives Matter" movement in response to police use of force.

The case, made famous by Garner's plaintive cries of "I can't breathe" with officer Daniel Pantaleo's arm wrapped around his neck, tore at the NYPD for five long years while the United States dealt with a series of other cases of white officers killing unarmed African-American men.

Cellphone video captured Pantaleo using a banned chokehold on Garner on a Staten Island sidewalk during an attempted arrest for selling loose, untaxed cigarettes.

A local grand jury declined to indict Pantaleo and the U.S. Justice Department opted not to prosecute, but Pantaleo was suspended earlier this month when a departmental judge ruled that the officer should be fired. He had been on desk duty since the incident on July 17, 2014.

Police Commissioner James O'Neill, in announcing the firing, said he had been thinking about the case ever since he assumed the top job in 2016, weighing how Garner resisted arrest and, in his view, Pantaleo acted properly up until the moment he applied the chokehold after the two men fell to the ground.

"Every time I watched the video, I say to myself, as probably all of you do, to Mr. Garner: 'Don't do it. Comply.' To Officer Pantaleo: 'Don't do it,'" O'Neill said.

O'Neill repeatedly returned to the empathy he had for Pantaleo, having himself been a uniformed officer for 34 years. "That could possibly be me ... I may have made similar mistakes," O'Neill said.

> **"Every time I watched the video, I say to myself, as probably all of you do, to Mr. Garner: 'Don't do it. Comply.' To Officer Pantaleo: 'Don't do it."**
>
> Police Commissioner James O'Neill

Police went into the neighborhood to enforce a series of petty crimes that reduced the quality of life in the neighborhood, O'Neill said. He also said he understood some police officers would be angry with him for not supporting one of their own.

But in the end, O'Neill said, he could not overlook that Pantaleo applied the chokehold despite having received sufficient police training that such a hold was barred, resulting in what he called "an irreversible tragedy."

The head of the police union immediately condemned the decision, saying the commissioner gave in to political pressure and that his decision would put officers at greater risk.

"It is absolutely essential that the world know that the New York Police Department is rudderless and frozen," Patrick Lynch, president of the Police Benevolent Association, told a news conference. "The leadership has abandoned ship and left our street officers on the street alone, without backing.

"This mayor needs to be removed. The police commissioner needs to know he has lost the police department," Lynch said.

Garner's death, and the slow-moving investigations that followed, have generated some of the harshest criticisms of Mayor Bill de Blasio during his tenure and have spilled over into his campaign for the Democratic presidential nomination.

The case tested the liberal mayor's relationships with both civil-rights activists, who have long complained that the city's black and Latino residents are harassed by police, and the rank-and-file police officers who work for him, some of whom say they have been made scapegoats by his office.

$5.9M

In 2015, New York City paid a $5.9 million settlement to Garner's family to avoid a civil lawsuit.

"There was a fair and impartial process and justice was done," de Blasio told a news conference.

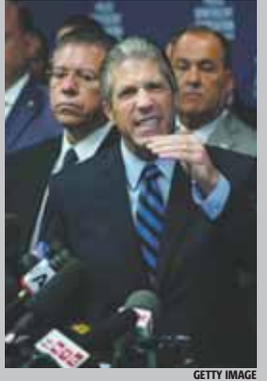
Garner's daughter Emerald Garner disagreed that justice was done. She wore a T-shirt with "MURDERER" emblazoned across the front as she appeared at a news conference with civil-rights leader Al Sharpton.

"Officer Pantaleo, well, now I can say Daniel Pantaleo, is a murderer and that's just how I feel," Emerald Garner said. "I wear my emotions on my sleeve and now I wear it on my chest."

In 2015, New York City paid a $5.9 million settlement to Garner's family to avoid a civil lawsuit. REUTERS

Response from PBA (police union) President Patrick J. Lynch

"Police Commissioner O'Neill has made his choice: He has chosen politics and his own self-interest over the police officers he claims to lead. He has chosen to cringe in fear of the anti-police extremists, rather than standing up for New Yorkers who want a functioning police department, with cops who are empowered to protect them and their families. With this decision, Commissioner O'Neill has opened the door for politicians to dictate the outcome of every single NYPD disciplinary proceeding, without any regard for the facts of the case or police officers' due process rights. He will wake up tomorrow to discover that the cop-haters are still not satisfied, but it will be too late. The damage is already done. The NYPD will remain rudderless and frozen, and Commissioner O'Neill will never be able to bring it back. Now it is time for every police officer in this city to make their own choice. We are urging all New York City police officers to proceed with the utmost caution in this new reality, in which they may be deemed 'reckless' just for doing their job. We will uphold our oath, but we cannot and will not do so by needlessly jeopardizing our careers or personal safety."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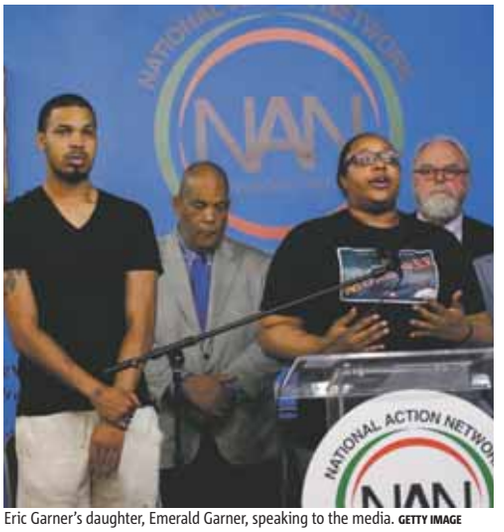

Eric Garner's daughter, Emerald Garner, speaking to the media. GETTY IMAGE

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NYCHA residents, SNAP recipients can get a free Citi Bike membership this month

No-commitment monthly memberships are $5, always.

ALEXANDRA ALEXA / 6SQFT
letters@metro.us

Citi Bike station in Union Square in New York City. GETTY IMAGES

To celebrate the one-year anniversary of its Reduced Fare Bike Share program, Citi Bike is now offering a free month of membership to NYCHA residents and SNAP recipients, amNY reported Monday. The reduced-fare program aims to increase accessibility to the popular bike share — which received criticism for its initial rollout in more affluent NYC neighborhoods — by offering no-commitment $5 monthly memberships for any NYCHA residents and SNAP recipients. The program has 3,400 active riders, just a small fraction of Citi Bike's 150,000 annual members.

Beginning Monday, New Yorkers who are eligible for the promotion can pick up a gift certificate for the free month at one of 55 libraries in Citi Bike's service area. The gift certificate will allow riders to sign up online for a free month using their NYCHA account or EBT number. Once the monthlong promotion is over, riders will be able to continue their membership at the $5 monthly rate.

"The benefits are really broad: It's everything from saving money from transportation, substituting train rides or bus rides with Citi Bike; running errands or using it as a form of exercise," said Anne Krassner, Lyft's equity and community programs manager.

The promotion is intended to increase awareness of the reduced-fare program ahead of Citi Bike's planned 35-square-mile expansion. As 6sqft previously reported, Lyft bought Citi Bike's operator Motivate last year, making a $100 million investment and a promise to triple the Citi Bike fleet over the next five years, While only 40% percent of NYCHA residents are covered right now, by 2023 that number will increase to 70 percent.

This story was provided to Metro through an agreement with 6sqft. Visit www.6sqft.com for more stories.

Protesters hold signs as they rally in support of Planned Parenthood. GETTY

Planned Parenthood rejects US funding over abortion restrictions

Planned Parenthood said on Monday it would no longer accept grants from a federal program subsidizing reproductive health care for low-income women after the Trump administration banned participants in the program from referring women to abortion providers.

The changes to the program, known as Title X, are part of an effort by U.S. Republicans and President Donald Trump's administration to crack down on abortion and occur as a handful of states are imposing sharp new limits on the procedure.

The move is a significant financial hit for Planned Parenthood, which received about one-fifth of the $286 million paid out by the program, which helped to fund the 600 women's reproductive health-care clinics.

"Due to an unethical and dangerous gag rule, the Trump administration has forced Planned Parenthood grantees out of Title 10," Acting President and CEO of Planned Parenthood Alexis McGill Johnson told journalists on a conference call. REUTERS

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Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

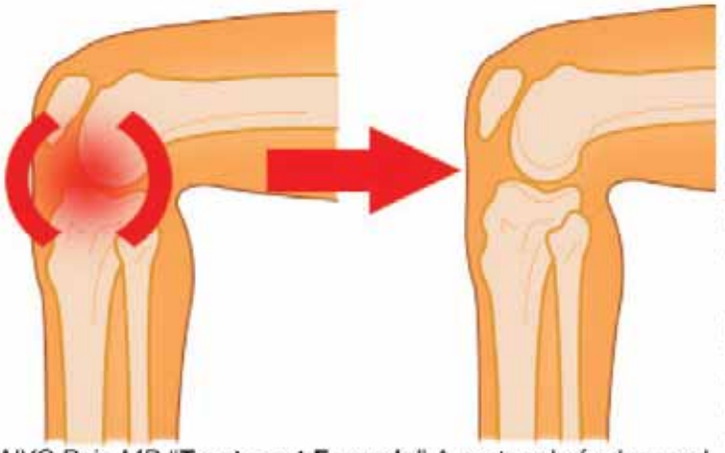
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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AG Barr announces shake-up in prisons bureau after Epstein death

Kathleen Hawk Sawyer named director, also ran it '92-'03.

U.S. Attorney General William Barr on Monday announced a new leadership team at the federal Bureau of Prisons in a shake-up of the agency in the wake of financier Jeffrey Epstein's apparent suicide inside a federal jail in New York City.

Kathleen Hawk Sawyer, a veteran of the Bureau of Prisons, will return to the agency to serve as its director, Barr said. He named another former agency official, Thomas Kane, to serve as her deputy.

The Bureau of Prisons has about 37,000 employees and oversees 122 facilities, which house about 180,000 inmates.

Hugh Hurwitz, who has been serving as the bureau's acting director — including when Epstein was found unresponsive over a week ago in a Manhattan jail cell — has been reassigned to his prior position within the agency.

Epstein had been arrested on July 6 and pleaded not guilty to federal charges of sex trafficking involving dozens of underage girls as young as 14.

An autopsy report released on Friday concluded he committed suicide by hanging.

His death at the age of 66 at the Metropolitan Correctional Center (MCC) in Lower Manhattan triggered multiple investigations and had prompted Barr to criticize "serious irregularities" at the facility.

"During this critical juncture, I am confident Dr. Hawk Sawyer and Dr. Kane will lead BOP with the competence, skill, and resourcefulness they have embodied throughout their government careers," Barr said in the statement.

U.S. Attorney General William Barr. REUTERS

Barr had previously ordered the reassignment of the warden at the MCC. Two corrections officers assigned to Epstein's unit were placed on administrative leave pending investigations.

Lawyers for Epstein did not immediately respond to requests for comment Monday.

His lawyers had said in a statement last week that they were "not satisfied" with the medical examiner's conclusions and planned to carry out their own investigation, seeking videos taken around the time of his death.

Epstein had been on suicide watch at the jail but was taken off prior to his death, a source who was not authorized to speak on the matter previously told Reuters. Two jail guards are required to make separate checks on all prisoners every 30 minutes, but that procedure was not followed, the source added. REUTERS

Buckingham Palace: Prince Andrew not part of Epstein sex scandal

REUTERS

Britain's Prince Andrew rejected any suggestion that he participated in the alleged sex crimes which U.S. financier Jeffrey Epstein was accused of, Buckingham Palace said in a statement.

Epstein committed suicide in a Manhattan jail cell earlier this month while being held on sex-trafficking charges.

"The Duke of York has been appalled by the recent reports of Jeffrey Epstein's alleged crimes," Buckingham Palace said in a statement.

"His Royal Highness deplores the exploitation of any human being and the suggestion he would condone, participate in or encourage any such behavior is abhorrent," the Palace said.

British media including the Daily Mail published a picture which it said showed Andrew, the second son of Queen Elizabeth, waving goodbye to a woman from inside a Manhattan mansion owned by Epstein.

The Mail said the picture had been taken in 2010 — two years after Epstein pleaded guilty to a Florida state felony prostitution charge and registered as a sex offender.

U.S. court papers have previously shown that Epstein had socialized with Andrew and other high-profile figures including U.S. President Donald Trump and former president Bill Clinton. REUTERS

Becca Glasser-Baker considers herself an adopted New Yorker. Although she studied culinary arts in New Jersey, she credits her passion for cocktails to exploring New York City. When she's not writing, she's probably baking, hanging out with friends, blasting Taylor Swift or petting dogs. When she's not sipping on a cocktail, she's busy indulging in exotic teas. Email her at **Rebecca.glasser@metro.us** with tips, trends, favorite spots and cocktail ideas.

FALL'S HOTTEST COCKTAIL IS THE WHISKEY SOUR

The whiskey sour is fall's hottest drink. The classic cocktail is expected to become a front-runner in cocktail trends this autumn. Although the rise of whiskey sours has been slow, it's expected to hit its peak come fall. However, you don't have to wait until autumn to celebrate this cocktail, because National Whiskey Sour Day is right around the corner, on Aug. 25.

The classic cocktail usually features whiskey, lemon juice, simple syrup and often bitters and egg whites. This cocktail is simple to make and approachable for all whiskey lovers, whether you're a seasoned connoisseur or someone just wanting to try something new.

I spoke with "ET" Tecosky, a well-known bartender and Jack Daniel's ambassador, all about the return and rise of whiskey sour. Tecosky credits the interest in whiskey to it being such a bold flavor profile and said, "I think people are moving toward flavor, and whiskey, because of the way it's made and aged, there is a lot of inherent flavor in whiskey and people are starting to enjoy that more then maybe in the past, when they were looking for more subtle, less flavor from the spirit and more flavor from the ingredients."

Additionally, he said, "I think whiskey production has gotten a lot better. I think the knowledge of whiskey has gotten better, and whiskey cocktails have gotten better, so it's really becoming more of an everyone drink."

A whiskey sour cocktail. JACK DANIEL'S

I have a bit of an odd history with whiskey. A while back, I went on a date with a gentleman, and we were discussing drinks, and he told me he was a fan of whiskey. As a response, I told him that I was intimidated by whiskey because the flavor profile was a little much for me and that I preferred other drinks. Almost instantly, he said that it was because "whiskey was men's drink" and that's why I didn't like it. I don't remember the guy's name, but I'll never forget that moment.

As I explained my whiskey story to ET, he — firstly — encouraged me not to see what's-his-face again (I didn't) and told me that the best way to try drinking whiskey was through a whiskey sour featuring Gentleman Jack. He told me that a whiskey sour is a great way to sample whiskey because it's an approachable cocktail and plays well with other ingredients, plus it's easy to put together.

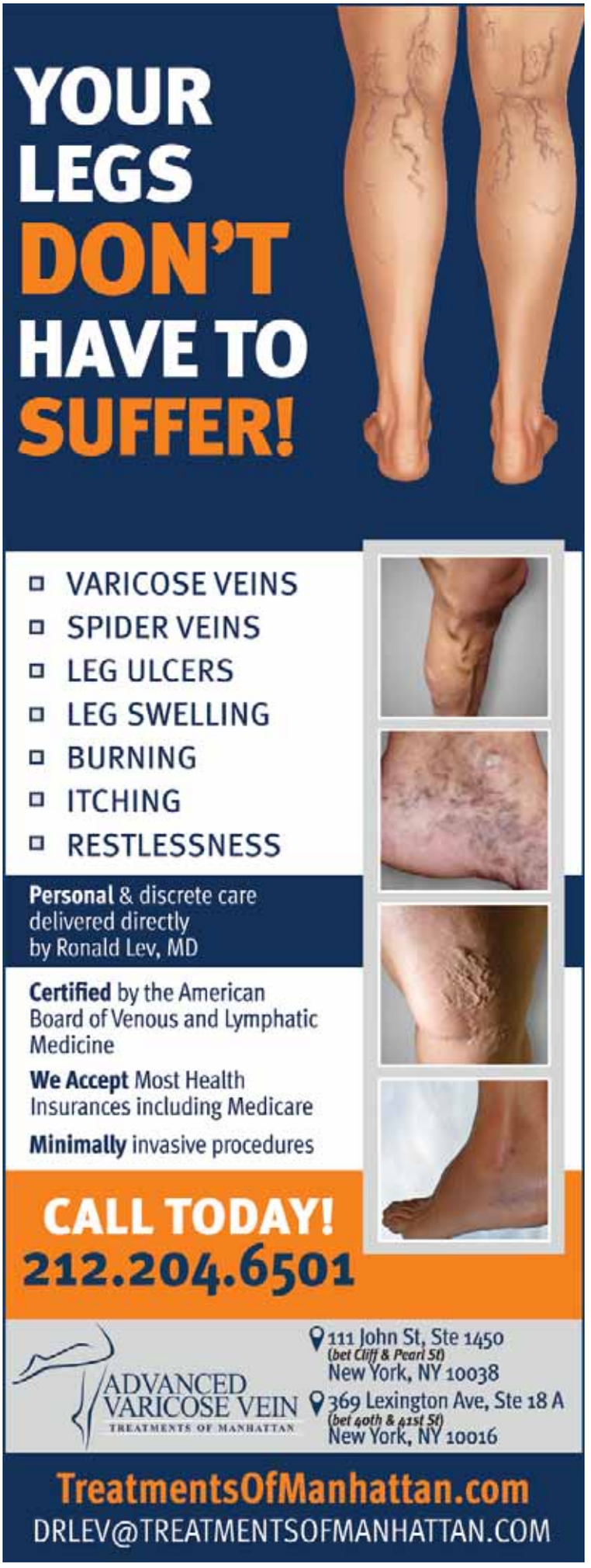
Tecosky added that Gentleman Jack is great for someone looking to get into whiskey because of its flavor and how it is processed. Gentleman Jack is "twice charcoal mellowed," which helps to smooth the flavor. The taste of Gentleman Jack is described as oak flavor with notes of caramel and vanilla, which pairs well with countless ingredients.

"You can have it in basic form or elevate with egg whites and bitters or even take it to another level and start adding other ingredients because it's such a strong base that it can really allow for more fun and playful things." Tecosky said.

Although this cocktail is a classic, it's getting its own modern makeover by playing around with some unique ingredients. Creating a vegan version of this drink has become increasingly popular. Another interesting take is the addition of corn to bring out the flavors of the whiskey.

When it comes to making a whiskey sour, it's a simple process, and Tecosky said the key when creating a whiskey sour is balance. He told Metro, "Usually the rule of thumb is, whatever citrus you add, equal the sugar and start there. Starting in the middle gives you a baseline." From the middle, you can go tart or sweet, depending on the taster's preferences.

To make your own whiskey sour, you can check out Jack Daniel's recipe at jackdaniels.com.



Ohio man, one of three alleged thwarted mass shooters, denies charges in court

The three men, arrested within a week, are aged 20-25.

An alleged self-described white nationalist, one of three men in the United States accused of planning mass shootings in a week, pleaded not guilty on Monday to charges that he threatened to attack a Jewish community center, the court clerk said.

At an arraignment in Struthers, Ohio, where he faced charges of aggravated menacing and online harassment, James Reardon entered his plea by video link from a county jail in Youngstown, 10 miles away, Municipal Court Clerk Lorraine Sciortino said by telephone.

Reardon, 20, who was arrested on Saturday in his hometown of New Middletown, is being held on $250,000 bond, according to jail records. Should he post bond, he faces court-ordered conditions that include not possessing firearms and staying off social media, Sciortino said.

Reardon was arrested after investigators found a social media post in which he appeared to threaten the Jewish Community Center of Youngstown, according to a statement from the Youngstown Area Jewish Foundation.

Television station WYTV in Youngstown reported that a local police chief said Reardon "declared himself a white nationalist" and that he participated in the violent white nationalist rally in Charlottesville, Virginia, in 2017.

> **"He lost his job, he lost his girlfriend, he's depressed, he's got the ammunition."**
> **Sheriff Michael Chitwood, of Tristan Wix**

The attack Reardon was allegedly planning would have come amid two other mass shootings that authorities claim to have thwarted in Florida and Connecticut in recent days, and follow three other shooting sprees since late July that took 34 lives.

Lawyers for Reardon and the other two suspects could not be reached.

In Florida, the Volusia County Sheriff's Office said it arrested Tristan Wix, 25, of Daytona Beach on Friday after he texted a former girlfriend on Aug. 11 about plans to kill 100 people in a mass shooting.

"I'm not crazy I just wanna die and I wanna have fun doing it, but I'm the most patient person in the world," the Sheriff's Office said Wix wrote in a text.

A Sheriff's Office spokesman said by email that a search of Wix's home turned up a .22 caliber rifle belonging to his stepfather with about 400 rounds of ammunition.

Sheriff Michael Chitwood said Wix fit the profile of a mass shooter. "He lost his job, he lost his girlfriend, he's depressed, he's got the ammunition and he wants to become known for being the most prolific killer in American history," he told CNN.

Wix, who faces a felony charge of threatening to kill or do bodily injury, is being held without bond. No further court date has been scheduled.

In Connecticut, authorities are holding Brandon Wagshol, 22, on $250,000 bond after Norwalk police said they arrested him last Thursday after he allegedly posted on Facebook an interest in committing a mass shooting. He faces four counts of possessing large-capacity magazines after a search of his home turned up a number of firearms and ammunition, police said. REUTERS

James Reardon mug shot. MAHONING COUNTY JAIL

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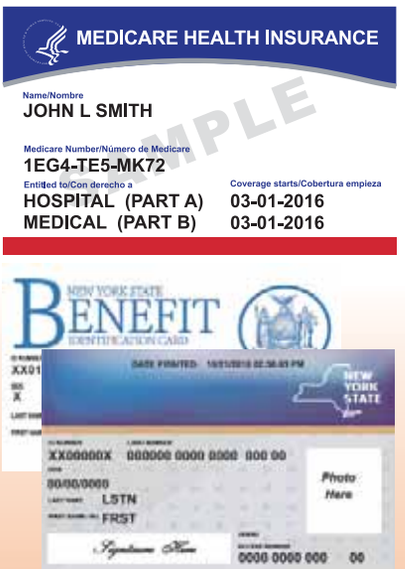

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A United Launch Alliance Atlas 5 rocket lifts off from the Cape Canaveral Air Force Station in Cape Canaveral. REUTERS

Plans detailed for first U.S. mission to land on moon since Apollo

Robotic lander to launch Summer 2021; astronauts to follow by 2024.

The first American spacecraft expected to land on the moon in nearly 50 years will be a robotic moon lander built by closely held Astrobotic Technology Inc. and launched in two years by United Launch Alliance's Vulcan rocket, the companies told Reuters on Monday.

Astrobotic was one of nine companies chosen in November to compete for $2.6 billion to develop small space vehicles and other technology for 20 missions to explore the lunar surface over the next decade.

Pittsburgh-based Astrobotic picked Vulcan, being developed by a joint venture of Boeing Co. and Lockheed Martin Corp., to launch its Peregrine lander from Florida's Cape Canaveral in Summer 2021.

Barring schedule slips, Astrobotic said Peregrine would be the first American spacecraft to touch down on the moon since Apollo astronauts touched down in 1972.

The mission will ferry technology and experiments to the moon under a NASA program that will lay the groundwork for astronaut trips by 2024 under the optimistic schedule laid out by the Trump administration.

"Our first flight on Vulcan is also the first big step in going back to the moon," United Launch Alliance Chief Executive Tory Bruno told Reuters ahead of the announcement.

Astrobotic said in May that NASA awarded it $79.5 million for the first mission, which will carry up to 28 payloads from eight different countries, including the United States and Mexico.

While the dollar value of the launch contract was not disclosed, it marks a high-profile victory for ULA's flagship heavy-lift rocket, which Astrobotic said it chose over a rival bid by billionaire Elon Musk's SpaceX.

> **"Our first flight on Vulcan is also the first big step in going back to the moon."**
>
> **Tory Bruno, United Launch Alliance chief executive**

NASA is pushing to outsource the design, development and operations for some space activities to private companies under a strategy championed by Trump-appointed administrator Jim Bridenstine. He wants NASA to be one customer of many in the low-Earth and lunar marketplaces to pave the way for deeper space exploration.

For ULA, the launch serves as the first of two certification flights for the U.S. Air Force, a key test for a rocket that will replace ULA's legacy Delta and Atlas rocket families, synonymous with space missions for the U.S. military for decades.

The Vulcan will be the backbone of ULA's defense against rival boosters by SpaceX, which has slashed the cost of launches with its reusable rocket technology. Amazon.com Inc. founder Jeff Bezos' Blue Origin, whose BE-4 engines power the Vulcan, is also working on a heavy-lift booster.

ULA and Astrobotic acknowledge production problems or other factors could delay the launch schedule.

MANY MOONSHOTS

Other countries are also focused on the moon. A Chinese space probe successfully touched down on the far side of the moon win January, though Israel's unmanned robotic lander Beresheet crashed on its final descent in April. India's Chandrayaan-2 rover, launched in July, was on its way to the moon's south pole, unexplored by any other nation. REUTERS

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Plant-based meat alternatives crowd US grocery stores

A Beyond Meat burger is seen on display at a store in Port Washington, New York. REUTERS

Chicken's Perdue selling nuggets blended with cauliflower.

Plant-based meat alternatives have seen booming interest from consumers, prompting a growing number of companies to enter the space in hopes of carving out a spot for their products in the competitive supermarket aisle.

Consumers increasingly want to reduce their meat consumption amid growing concerns over health risks, animal welfare and environmental hazards.

Spurred by the success of California-based Beyond Meat, veteran meat companies have also entered the market.

Shoppers at U.S. grocery stores have many plant-based options, with several companies planning to roll out meat alternatives by the end of this year.

Here is a list of plant-based products available in U.S. grocery stores:

- **Beyond Meat:** Burgers, sausages, ground meat and crumbles made of protein from peas, brown rice, sunflower seeds and mung beans are available at more than 53,000 retailers and restaurants worldwide. In the U.S., the company's products are sold at most large chains, including Amazon's Whole Foods, Kroger Co. and Albertsons Companies Inc.

- **Impossible Foods:** A "bleeding" burger made from soy protein, the patty was originally sold only to fast-food chains, including at Burger King, which begins selling the "Impossible Whopper" nationwide this month. The company on July 31 received approval by the U.S. Food and Drug Administration to sell its burger in grocery stores. Impossible said it plans to sell in select supermarkets in September, but declined to provide details on its retail launch.

- **Nestle SA**: The world's largest packaged-food group seeks to sell a pea-based veggie patty called Awesome Burger under its U.S. plant-based Sweet Earth brand in supermarkets and restaurants in September or October. The company is already selling the Awesome Burger at McDonald's restaurants in Germany.

- **Tyson Foods Inc.**: The U.S. meat producer in June launched its first vegetarian and mixed-protein line, including vegetarian nuggets, blended protein burgers made from beef and pea protein, and sausages and meatballs that combine chicken with plants. The nuggets entered U.S. grocery stores in the summer, with burgers expected in the fall.

- **Maple Leaf Foods Inc.**: The Canadian packaged-meat producer's subsidiary Greenleaf Foods produces plant-based burgers and ground meat under its Lightlife brand. It also owns the Field Roast brand that makes plant-based sausages, burgers, deli slices, meat loafs and roasts. The products are available at thousands of U.S. stores, including Whole Foods, Albertsons and Wegmans.

- **Perdue Foods:** The chicken producer, part of family-owned Perdue Farms, has launched frozen chicken nuggets mixed with cauliflower, chickpeas and other plant protein, with more blended and potentially fully plant-based products in the pipeline. Perdue's plant-blended line will be available at retailers by September.

- **Smithfield Foods Inc.:** The meat-processing company owned by China's WH Group Ltd. has launched a line of plant-based burgers, meatballs, sausages and ground meat made of soy. The products will be available at Kroger Co, Sprouts Farmers Market Inc. and Target Corp. starting in mid-September. REUTERS

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

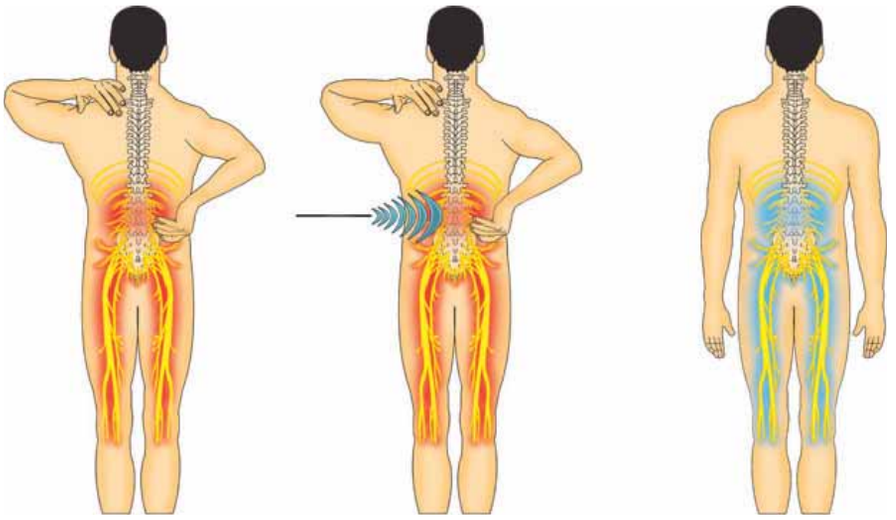
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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Schools reopen in Indian Kashmir, stay empty as parents fear more unrest

Tensions, cell blackout follow Indian PM's decision to revoke region's special status.

Schools reopened in Indian Kashmir's main city on Monday but most classrooms were empty as parents kept their children home, fearing unrest over the government's decision two weeks ago to revoke the region's autonomy.

About 200 primary schools were set to open in Srinagar in a sign of normality returning to Muslim-majority Jammu and Kashmir where authorities started to ease restrictions on movement last week.

In Shopian, in the militant hotbed of south Kashmir, a dozen schools were open on Monday but attendance was zero, Kashmir's director for school education Younis Malik said.

Parents said their children would stay home until cellular networks are restored and they can be in contact with them.

Kashmiri protesters stand at a barricade to block the entrance of a neighborhood. REUTERS

> **"How can we risk the lives of our children?**
>
> Gulzar Ahmad, father of two

"How can we risk the lives of our children?" said Gulzar Ahmad, a father of two children enrolled in a school in the city's Batamaloo district where protests have occurred.

"Troops have arrested minor children in the last two weeks and several children were injured in clashes," he said. "Our children are safe inside their homes. If they go to school, who can guarantee their safety?"

Authorities have previously denied reports of mass arrests.

Srinagar's top administrative officer, Shahid Iqbal Choudhary, said on Sunday that adequate security would be provided for schools. "I will take responsibility for any untoward incident," he added.

Protests began after the Aug. 5 decision by Prime Minister Narendra Modi's government to withdraw Kashmir's special status and integrate it fully into India, with equal rights for all Indians to buy property there and compete for government jobs.

Critics said the decision alienated many Kashmiris and would add fuel to a 30-year armed revolt in the Himalayan territory that Pakistan also claims.

Paramilitary police in riot gear and carrying assault rifles stood behind steel barricades and coils of razor wire in Srinagar's old quarter to deter any repeat of weekend protests.

In dense neighborhoods such as Batamaloo, youths set up makeshift barricades to block security forces from entering.

Authorities reimposed curbs on movement in parts of Srinagar on Sunday after overnight clashes between residents and police in which dozens were injured, two senior officials and witnesses said. REUTERS

BRIEF

Prime Minister Modi tells Trump hopeful India, US will meet soon to discuss trade

Indian Prime Minister Narendra Modi told U.S. President Donald Trump that he is hopeful that representatives from the two countries will meet again soon to discuss trade issues, the government said in a statement Monday.

Modi expressed hope that India's commerce minister and the U.S. trade representative would meet soon to discuss bilateral trade prospects, the government said.

Washington confirmed the leaders had spoken on Monday. "The two leaders further discussed how they will continue to strengthen United States-India economic ties through increased trade," the White House said.

U.S. and Indian trade negotiators ended talks in July without making major progress on a range of disputes straining bilateral ties, officials have told Reuters.

The two sides had resumed trade talks after Trump and Modi met on the sidelines of the G20 summit in June.

Trump stressed the need to reduce tensions between India and Pakistan, the White House said. India and Pakistan, neighbors and nuclear rivals, are embroiled in fresh tensions over Kashmir and Jammu. REUTERS

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EDUCATION

While NYC may be expensive, CUNY offers the best bang for your buck

A new feature in Money magazine ranks CUNY schools among the "Best Colleges for Your Money."

ISTOCK

For anyone looking to strike it out on their own in the Big Apple, the prospect of both going to school and, you know, actually living here can be a tall order for anyone these days. In fact, New York City routinely ranks among the most expensive cities to live in the world. But while that may be the case, Money magazine recently found that it may be one of the most affordable cities in terms of getting a high-quality education.

In their recent "Best Colleges for Your Money 2019" ranking, the magazine found that among the 744 schools listed nationwide, seven CUNY colleges rank in the top fifth of schools that will get you the top bang for your buck. In their rankings, they listed Baruch College right behind the University of California-Irvine as the second-best deal in the nation. The other schools included in the list were Brooklyn College (No. 35), John Jay College of Criminal Justice (53), Queens College (100), Lehman College (110), The City College of New York (115) and Hunter College (128). They also listed the College of Staten Island at a respectable standing, at No. 418.

"Money magazine's rankings confirm once again CUNY's standing as the nation's leading urban university system, an indispensable New York City institution with a track record of transforming lives," said Chancellor Felix V. Matos Rodriguez in a recent press release. "CUNY's singular quality, affordability and outcomes continue to help generations of low-income New Yorkers of all backgrounds join the middle class and attain their American dream."

So how were these rankings created? Well, Money magazine used 26 different unique measures to come up with their list regarding educational quality, affordability and alumni success. Each of these measures makes up a third of the school's given score, with such varied factors as six-year graduation rates, loan default and repayment rates, and many more. The ranking also takes into account the social mobility rate of students penned by Stanford University Professor Raj Chetty that measures how well these schools assist students from low-income backgrounds "achieve the American dream."

METRO STAFF

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What do colleges want? It's hiding in plain sight

NerdWallet is a personal finance website.

The college application process can seem pretty mysterious to the uninitiated.

But what colleges want from their applicants isn't a secret. Schools telegraph what they're after in the form of big data that's available online to anyone.

High school students can use that data to apply where they will be strong candidates, boosting their chances of admission and financial aid. Here's what to look for.

Use the data to find your best match

Each year, colleges supply reams of admission and financial aid statistics, known as the Common Data Set, to satisfy the demands of various education publishers, says college consultant Lynn O'Shaughnessy. The information can be found by searching for the college's name and the phrase "common data set," or at college comparison sites such as CollegeData.

Among other figures, the statistics for each school include:

The cost to attend. How much student loan debt the average graduate incurs. What percentage of applicants are accepted. Average grades and test scores of incoming freshmen. At Stanford University, for example, 75 percent of incoming students for the 2016-2017 academic year scored 700 or above on their math SATs (the top score is 800), 94 percent had grade point averages above 3.75 and 95 percent ranked in the top 10 percent of their high school class.

Top-flight grades and scores don't guarantee entrance into any selective school, of course. Stanford accepts just 5 percent of those who apply. But knowing the stats of the incoming class can help students eliminate long-shot choices and focus on schools where they're more likely to gain admission.

Target the schools that want you

Having grades and test scores that are above the school's average can help with both odds of admission and financial aid packages, college consultants say.

The best financial aid deals may come not from highly selective schools or large public universities but from smaller liberal arts colleges that are trying harder to attract good applicants, says Vita Cohen, a college consultant

NYUSPS High School Academy – Fall Weekend Workshops

Give Your Child a Distinct Advantage in the College Admissions Process

The college admissions process is more competitive than ever before. In addition to good grades and excellent scores on the SAT and/or ACT, institutions of higher learning are increasingly focusing on the extracurricular activities and professional interests of the high school students they are considering for admission. High school students themselves are also seeking to explore career options that might be of interest well in advance of the time that they graduate. This allows them to gain experience that could ultimately lead to a highly successful professional path and avoids them choosing a college major that might not be the right fit.

While there are programs offered through local high schools and universities, the appeal of pursuing pre-college opportunities at an institution such as the NYU School of Professional Studies (NYUSPS) is growing, because of the distinct nature of the programs offered and the immersive, industry-based NYC experience students enjoy. Many students who attend weekend workshops complete multiple semesters, building their knowledge and gaining invaluable expertise. It is a way for them to get out into the professional world without having the experience of a full-time job.

High School Academy Weekend Workshops provide an opportunity to "try on" a career. With groups of peers from local high schools across the city and in the suburbs, students acquire an insider's view of a professional path in which they may be interested. Taught by experts in their fields, these classes provide a rigorous overview of an industry, with opportunities to work on team-based projects, develop portfolio pieces, and hear from an array of guest lecturers.

From programs in Applied Health to Financial Technology, Pre-law to Journalism, Architecture to Social Entrepreneurship, NYUSPS is delivering deep course content in growing and emerging fields. The program serves to prepare high school students to succeed in a college classroom, building the creativity, problem-solving skills, and strategic thinking that will prepare them for the challenges of higher education. Courses also are offered in Academic and College-level Writing and in Creative Approaches to Writing the College Application Essay, directly addressing the critical need for the strategic and analytic writing skills required for admission into college and beyond.

Don't miss the incredible opportunity to have your child gain an impressive experiential learning credential on his/her college application. Give him/her the NYUSPS High School Academy advantage this fall. There's still time to apply and reap the benefits of these innovational pre-college programs.

The application deadline is October 11, 2019, classes begin October 19, 2019.

To apply, visit:
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HIGH SCHOOL ACADEMY
Weekend Workshops

The NYU School of Professional Studies High School Academy offers Weekend Workshops that provide high school students with programs of study that allow them to explore professional options and enhance their college portfolio.

These programs are designed especially for local high school students who are interested in learning more about a particular career path and who prefer to gain this experience during the weekends.

High School Academy Weekend Workshops provide a condensed format for "trying on" a career. Over the course of just a few weekends, students acquire an insider's look at a professional path in which they may be interested. Taught by experts in their fields, these classes bring an area of speciality to life. Students gain exposure to college-level course content through case studies and interactive group assignments.

In addition to the knowledge they acquire, a student's Weekend Workshop experience will serve as an impressive credential on his/her college application—another way they can differentiate themselves in the competitive admissions process!

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NYU HIGH SCHOOL ACADEMY
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in Chicago.

"I tell students, 'Please consider being the big fish in a smaller pond,'" Cohen says. "Why wouldn't you want to be at a place where they're throwing rose petals at your feet?"

Clues to how a school evaluates applicants can be found in the data set's "admissions factors." These detail how each school weighs 19 admissions criteria, from class rank to extracurricular activities.

Many schools, for example, rate as "very important" the difficulty of the applicant's high school courses and his or her academic grade point average. Some heavily weigh standardized tests; others don't.

"Level of applicant's interest" is another differentiator. Colleges care about their "yield," or the percentage of applicants who accept an offer of admission. Some want to see definite signs of interest from applicants, including campus visits and responding to emails from the admissions office.

Need aid? Avoid ungenerous schools

Most colleges don't fully meet the financial need of their students, even after federal student loans are factored in. Families are expected to come up with the additional money on their own, often through parental or private student loans.

The size of those gaps depends on the generosity of each school.

The cost of attending New York University and the University of Southern California, for example, is roughly the same: about $72,000 a year. USC, however, fully met the financial need of 80.4 percent of freshmen who received financial aid. NYU fully met the financial need of only 9.1 percent of its first-year aid recipients.

Families who don't have financial need can get discounts from many schools in what's known as "merit" aid. In general, merit aid is less likely at public and highly selective schools that can attract plenty of applicants without it. UCLA, for example, offered merit aid averaging $4,847 to just 2.6 percent of its freshmen. (UCLA's cost of attendance is $31,916 for in-state residents and $59,930 for out-of-state students.)

University of Puget Sound, a private liberal arts school in Tacoma, Washington, gave merit aid to 42.2 percent of its freshmen, knocking an average $16,832 off its $63,510 cost of attendance. Each college has a "net price calculator" on its site to help applicants understand how much they're likely to pay out of pocket annually.

And costs matter. While a college degree is important, consultants warn students against overdosing on debt to get one.

"You don't want to be 22 or 23 and saddled with debt that's going to cripple you," Cohen says.

This article was written by NerdWallet and was originally published by The Associated Press.

LIZ WESTON

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A friendly reminder to lock in your college courses

Attention, incoming college students: Even though you have completed the hardest part of your next phase in academia by being accepted into school, there are a few dates coming up that you should really take a look at.

If you were really on the ball in registering for classes, kudos to you. But if you are someone who needs a little extra poking and prodding into getting your courses straightened out, be sure to take note of the registration deadlines at your school before it is too late.

As classes begin on Tuesday, Aug. 27, for all CUNY schools, students should make sure to drop any classes by Monday, Aug. 26, to receive a full 100 percent refund for the classes they would no longer like to take.

If you miss this date, you will be able to drop classes before the deadline of Monday, Sept. 2, for a 75 percent refund. Following that date, you will be able to receive a 50 percent refund of dropped classes if you submit by Monday, Sept. 9 and a 25 percent refund if you submit by Monday, Sept. 16.

So if you have any reservations about courses you have or have not chosen, make sure to act quickly! **METRO STAFF**

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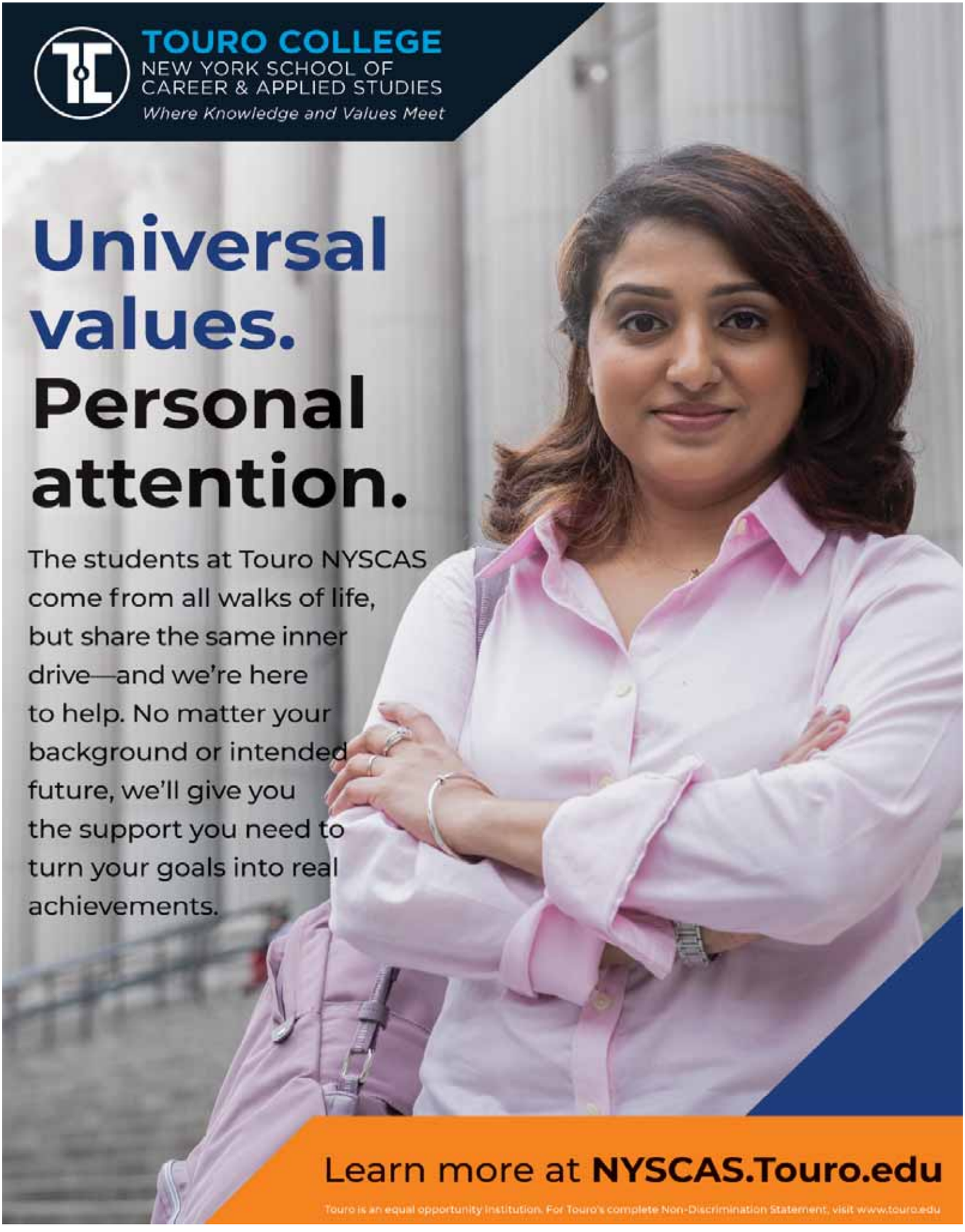

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by a cyclist, neutered
by an Uber ...

This must be my lucky day!

— **Preston Laris,** *Metro New York reader*

ISTOCK

metro.us/horoscopes

Aries Go directly to the source and get the information you need to make the right decision. You'll have more to gain if you are productive and do things yourself.

Taurus Someone will offer an inflated proposal. Get whatever you want in writing before you make a commitment. Take care of business personally, and avoid being duped by someone.

Gemini Physical activities will help you lower stress and lessen anger. Stop worrying about someone or something you cannot change, and focus on making your life better.

Cancer Helping someone may make you feel good, but don't let anyone take advantage of you or use you. Offer suggestions, but use your energy and money to better yourself, not others.

Leo A conversation will be eye-opening. Listen to others, but don't make a drastic change just because someone else does. Use the information you receive and come up with a formula that works for you.

Virgo Personal change can be made. Consider what's outdated or no longer your thing and make adjustments. Spiritual growth and lifestyle changes are favored, while joint ventures are not.

Libra Pay attention to the people who have always been there for you. Neglecting your responsibilities will result in complaints. Take care of personal affairs and tell someone how much you care.

Scorpio Make practical choices, even if someone is trying to push you in a direction that intrigues you. Put safety first and you'll have no regrets.

Sagittarius Use your charm to get your way. Enthusiasm will be infectious, and compliments and affectionate gestures will help you gain popularity. You'll get good results if you honor your promises.

Capricorn Take your health, personal finances and relationships seriously. Don't miss out because you neglected to take care of business or failed to recognize what someone else was doing or saying.

Aquarius Get together with old friends, relatives or someone you used to work with, and you'll be offered information that can help you make a personal decision. Romance is highlighted.

Pisces Check out what others are up to and see if you can pitch in and help. You can make a difference and gain respect at the same time. EUGENIA LAST

"Sextuplets" is available now to stream on Netflix. QUANTRELL COLBERT/NETFLIX

Making make-believe believable

Marlon Wayans talks new film "Sextuplets" and tackling seven characters.

MOLLY GIVEN
Molly.Given@metro.us

It's no secret that Marlon Wayans can transform into unrecognizable characters for his films. Audiences have seen the New York native transform into a bleached-blonde socialite in the 2004 smash-hit "White Chicks" and into an infant-sized criminal in the 2006 film "Little Man." But Wayans' latest film, "Sextuplets," may be his most complicated achievement yet.

Netflix's "Sextuplets" follows the story an expecting father, Alan, who finds the address of his long-lost mother, discovers he actually has five other displaced siblings, and embarks on a lively journey to reconnect them all. The whopping seven main roles are all played by Wayans, and the seasoned actor had big plans when he took on this project.

"I think it was the challenge that initially intrigued me of playing seven characters and seeing if I could make them all different, and seeing if I could build seven characters that you actually like or care about," says Wayans. "Even though it's the same guy doing it, the minute you meet the other brothers I wanted you to forget that it was the same guy playing both roles. When I met Russell, I didn't feel like I was meeting Marlon, I felt like I was meeting somebody completely different. Then Dawn, after the first initial look at her, I really started forgetting that it was me in all of these roles. It became a fun journey. That was my whole goal, if I could forget that it was me, then I think it would be enjoyable for the audience."

When Wayans first received the script, it took some time to create the seven unique characters from the film. Although they are all related, every single character had their own voice, ticks and style that were as colorful and unique as you could imagine. "These characters came from a script Mike Glock had written, and when I read the script I thought it could be fun. Once we did our re-write and put our flavor on it, I simultaneously started thinking about their voices and what [each character] would look like. There was a lot that went into this. It's a silly, slapstick comedy but there are layers."

If you think that taking on a film where you have to transform into seven different people daily for almost two months sounds rigorous, you'd be absolutely right.

"Everything was a challenge. The heat, the weight of the costume, fatigue — just everything. It's a lot doing a movie like this. I would go in at 3 o'clock in the morning and be in makeup for about six or seven hours. After makeup, I worked sometimes 15-18 hours and then another hour and a half to take the makeup off. I would go home and sleep for two to three hours and then go back to set to do the same thing for 50 days. The only days I really had some sleep were the days I was Alan. It was very tough, but it was fun, and in between when they said action and cut, I had the best time," says Wayans.

Aside from the challenges that came from makeup and the hours of filming, a lot of thought, work and talent had to come into play when Wayans' only scene partner was himself. "Sometimes people were standing there and sometimes there was just a stick. Making movies is making believe, but this movie really made make-believe believable," says Wayans. " We filmed it where the camera was moving, and the people were moving and I was interacting with myself. I was passing me things and I was grabbing things from myself — so it was very hard to do. With all of the camera work and CGI that went into it, we basically did an 'Avengers'-type shoot on a 'Soul Plane' budget."

The film is reminiscent of a Wayans comedy. There's over-the-top antics that involve car chases, stolen kidneys and a parking-lot brawl, lots of back and forth between polar opposite personalities, and family undertones that give the comedic story line a little more flavor.

For Wayans, the family aspect is what he hopes audiences will take away from the film, other than just slap-stick laughter. "Any movie I do that's a comedy, I want people to laugh and feel good about the laughs they had. But with 'Sextuplets,' it's also the overall message about family. Go home, hug your brothers and sisters and go call your cousin. Just keep a smile on your face, no matter what. We're on borrowed time so just enjoy every moment."

Will the 47-year-old ever tackle a project like this again? "Just know if I did, someone paid me a lot of money to do it. But if I'm inspired, that also helps me get through it. You've got to be a special kind of performer for this," says Wayans.

What about what comes next? What challenges could an actor possibly get into after playing seven in-depth roles?

"What do you do with the guy who can do anything? Everything."

"Sextuplets" is available to stream on Netflix.

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It's time to find yourself

Metro caught up with "Where'd You Go, Bernadette" stars Troian Bellisario and Zoe Chao.

MOLLY GIVEN
Molly.Given@metro.us

In Richard Linklater's latest film "Where'd You Go, Bernadette" (now in theaters), there is a lot — a lot of laughs, a lot of gasps and a lot of heartwarming moments that truly make you stop and think. The inspiring film is based on the wildly popular novel by Maria Semple, and the cast features more talent in one place than the seating chart at the Academy Awards. Troian Bellisario, who plays the determined scientist Becky, and Zoe Chao, who plays the deceivingly cunning Soo-Lin in the movie, sat down with Metro to give us the scoop on working with Linklater, why they love the story, and what they hope audiences take away from the film.

Were you familiar with the novel by Maria Semple before being cast?
Troian Bellisario (TB): Well, before filming, yes. But not before being cast. When I got the meeting with Richard Linklater after he responded to my tape, I started telling people the name of the project and so many of my friends went, "Are you kidding? That's an incredible book." So that was when I went out and bought the book and started reading it, but I didn't know the story until after I had auditioned for the role.

Zoe Chao (ZC): Yes, I was. I had a ton of friends who loved that book and my mom had read it. She was so excited about me getting to audition for it and I read it right around when I auditioned for the role. It's such a superb read, Maria's voice is so hilarious and smart.

What first intrigued you about your roles?
TB: Well I'm a science nerd, and a part of me always wanted to be a marine biologist. When I read the sides I just knew that there was a part of me that really wanted to do this. Here's this woman who is taking samples and having a conversation and sort of living a life I had always dreamed about on the side. But honestly what drew me to it is that I went to marine biology camp as a kid. So it was a little bit of a fantasy for me.

ZC: I love Soo-Lin, I feel very grateful that I got to play her. I kind of think of her as a bottle of seltzer, just all of these little bubbles being barely contained by a cap. She's so intense and tries very hard to play it cool but she is just not cool — one of the many reasons why I love her. I think she's really smart and determined and good at her job. But also an opportunist and conniving and is trying to get hers.

How was it working with Richard Linklater and the rest of the cast?
TB: I mean, a total dream. I've been a huge fan of Rick's since "Before Sunrise." That whole trilogy really changed the whole way I thought about filmmaking and certainly "Boyhood" as well. [Linklater] is an incredible filmmaker so just to be on his set and to be in rehearsals with him and hear him talk about the scenes and characters, it was just an absolute dream. Then you add in the fact that since I was a young girl Cate Blanchett has been an idol of mine. Honestly, it was really odd to have someone you idolize in front of the camera and then behind the camera and then be like, "OK, guess I have to go to work now."

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Zoe Chao and Troian Bellisario (right) with their castmates. GETTY

ZC: It was the dreamiest, really thrilling. Kristin (Wiig) is such a massive talent and for being so gifted is the most humble person I've met. She has a massive heart just as big as her talent. She makes acting really easy. When doing scenes with her, it was such a delight. She's so present and such a generous acting partner. Cate is the greatest of all time and some of my favorite performances onscreen have been her. So it was pretty surreal. Then working with Rick was the dreamiest. He's a legend and I grew up watching his films and it's hard to think of American cinema and not think of Richard Linklater. He runs such a steady set. He's so confident and clear and laid-back. You really feel like he trusts you.

Bernadette seems to lose herself in the film as an artist who can't create. As an actress and a creator, do you relate?

TB: Absolutely. I believe that all of creation and destruction are linked. If you're not following through on a thread of creation, it's going to turn back, sort of like a snake eating its own tail, and it's going to lead to some sort of destruction.

ZC: Totally. What you do is often how you identify, too, so it's hard to have that taken away or put aside. You can feel lost. That's why this film is so moving, we get to see Bernadette find herself.

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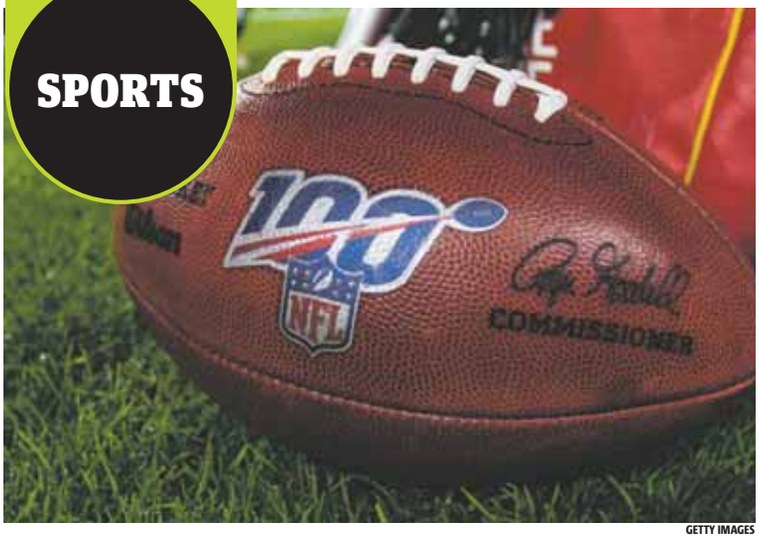

GETTY IMAGES

HATE NFL PRESEASON? WE CAN FIX IT

THE SPORTS PROFESSOR

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Everyone despises the NFL preseason. Coaches hate it for fear of losing stars to injury. Veteran players regard it as a waste of time. The media belittles it as a farce. Even die-hard fans are snoozing by the third quarter.

Yep, everyone loathes the preseason — including the oddsmakers, who have no informed way of setting a line. And yet it returns every summer, like horseflies to the Jersey Shore.

We all know why. The NFL preseason exists because it makes money for owners. The league sells these sham contests to the TV networks, and also forces fans to buy in as part of their season-ticket package.

Meanwhile, players don't get paid more than a pittance for the practice games.

Until recent years, the preseason was semi-tolerable. Regulars played a quarter or two before hitting the cold tub.

But now virtually every team limits playing time to backups, practice-squad hopefuls and future Phys Ed instructors. Fans have a better chance of seeing Gritty take a snap for the Philadelphia Eagles this week than seeing Carson Wentz.

Even Commissioner Roger Goodell concedes it's an inferior product. He would like to see the preseason shortened to two games per team, and the regular season expanded to 18 games. That will be a hot issue in the next CBA talks between owners and players.

Meanwhile, here we are, spending August trying to memorize the name of a guy who will likely never throw a meaningful pass for the Birds (see: Thorson, Clayton).

What can be done? Curtailing it to two games reduces only half the misery. So here are two suggestions to make the preseason better for fans and less wasteful for franchises:

- Bring out the red jersey for quarterbacks. This was my pal Ray Didinger's idea. You know how the signal-caller wears the scarlet shirt in practice so that everyone knows not to smash the most valuable asset? How about we extend that into the preseason games?

The upside here is that QBs could get some playing time, while coaches wouldn't fear losing their meal ticket before the real season even starts.

Of course, this doesn't address the other 21 starters.

- Broadcast the scrimmages. The Eagles and Ravens will spend several days this week hitting each other in full pads. It's actually the best action before the opener — with real play calling, recognizable players and more than a few fistfights.

How about instead of televising the Thursday night practice games, the league turns these joint scrimmages (every team holds them) into a series of Hard Knocks-type dramatic shows, geared to each local market?

Mic up the players. Promote a few interesting backstories. Use all the resources and brilliance of NFL Films to create compelling programming, and sell it to TV.

I heard NFL lifer Mike Lombardi float something along these lines on Angelo Cataldi's WIP Morning Show. While Eagles fans resent Lombardi for his bad takes on Doug Pederson, he could be on to something here.

Look, selling any new idea will be difficult because, remember, the owners make money on these games. But when the focus this Thursday isn't much grander than the last safety spot on the depth chart, well, any change would be welcome by the fans.

More records await Mets' Pete Alonso after National League rookie mark

The Mets rookie continues to power his way into the record books in 2019.

JOE PANTORNO
joseph.pantorno@metro.us

Pete Alonso continues to flat-out mash.

The New York Mets' big bopper hit the 40th home run of his rookie season on Sunday against the Kansas City Royals, etching his name in the major-league record books.

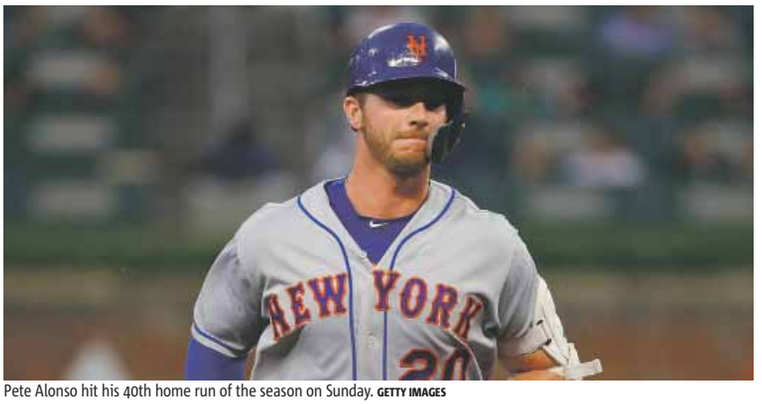
The 24-year-old's blast over the left-field wall at Kauffman Stadium broke the National League rookie record for home runs in a season, beating Los Angeles Dodgers star Cody Bellinger's mark from 2017.

With 58 games remaining in the season, Alonso has ample time to set a few more home-run records, which has made his 40 home runs that much more impressive considering it came in just 123 games.

This kind of power is unprecedented in Mets lore, as 40-home-run hitters are the rarest kinds of hitters within the franchise's record books.

After all, this is a franchise predicated on pitching.

And at this rate, Alonso is going to reach heights never before seen in a Mets uniform.



Pete Alonso hit his 40th home run of the season on Sunday. GETTY IMAGES

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CARLOS BELTRAN (2006)- 41 IN 140 GAMES
MIKE PIAZZA (1999)- 40 IN 141 GAMES
PETE ALONSO (2019)- 40 IN 123 GAMES

MOST HOME RUNS: ROOKIES IN MLB HISTORY

AARON JUDGE (2017)- 52 IN 155 GAMES
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PETE ALONSO (2019)- 40 IN 123 GAMES

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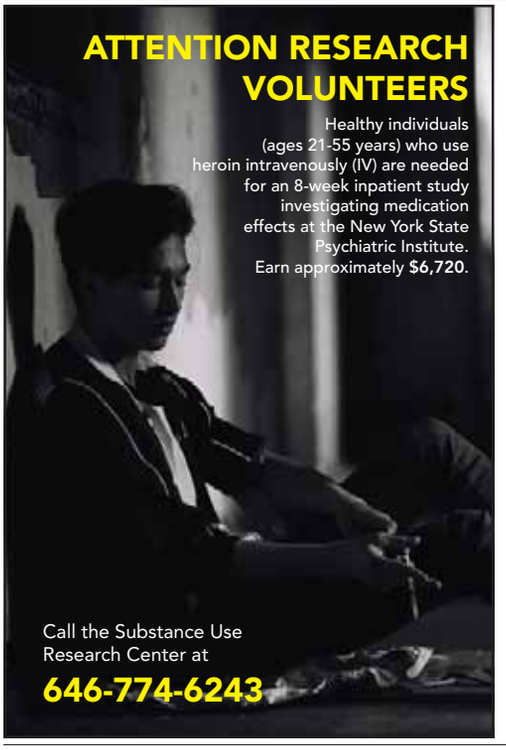
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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT - COUNTY OF QUEENS

U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE CSMC MORTGAGE-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-1, Plaintiff, Against ANNOLIO TOUSSAINT, MARIE TOUSSAINT, ET AL., Defendant.

Pursuant to a Judgment of Foreclosure and Sale, duly entered 12/6/2018, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 9/13/2019 at 10:00 am, premises known as 104 23 214th Street, Queens Village, NY 11429, and described as follows: ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 11099 and Lot 27.

The approximate amount of the current Judgment lien is $441,008.25 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 709871/2015.

Dominic A. Villoni, Esq., Referee.

SHELDON MAY & ASSOCIATES

Attorneys at Law,

255 Merrick Road,

Rockville Centre, NY 11570

Dated: 7/18/2019

File Number: 28909 MNB

LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF NEW YORK

TD BANK, NA

Plaintiff,

Index No. 655202/2018

v.

Date Index Purchased: October 19, 2019

CC ENGLISH, INC.; and KOT MAN CHENG, Defendants.

SUMMONS WITH NOTICE BY PUBLICATION PURSUANT TO CPLR316

TO THE ABOVE NAMED DEFENDANT:

Kot Man Cheng, 34 Monroe Street, Suite CA9, New York, NY 10002

You are hereby summoned and required to serve upon plaintiff's attorney, at the address below, an answer to the Complaint bearing Index No.: 655202/2018 within 58 days after the first publication date of this notice (per CPLR 316 service is complete on the twenty-eight day after the first publication), exclusive of such date.

If you do not serve an answer to the Complaint within the applicable time limitation stated above, a judgment may be entered against you, by default, for the relief demanded in the complaint, without further notice to you.

The action will be heard in the Supreme Court of the State of New York, in and for the County at New York.

Plaintiff designates New York County as place of trial and venue is based on C.P.R.L. ss 503.

The foregoing summons is being served upon you by publication pursuant to an Order of the Honorable Melissa A. Crane, J.S.C., New York County, dated and filed with the Complaint and other papers in the Office of the Clerk of the Supreme Court, New York County.

Dated: July 26, 2019

MEYNER AND LANDIS LLP
Attorneys for Plaintiff
TD BANK, N.A.

By: Javier Lopez, Esq.
One Gateway Center,
Suite 2500
Newark, New Jersey 07102
jlopez@meyner.com
(973) 602-3436

New York Address
100 Park Avenue,16" Floor
New York, New York 10017
(516) 683-0171

NOTICE: This civil action has been pending since October 19, 2018, when Plaintiff filed its Summons and Verified Complaint ("Summons and Complaint") against defendants, Kot Man Cheng ("Guarantor") and CC English, Inc. ("Borrower") (Guarantor and Borrower are hereinafter collectively referred to as the "Obligors") seeking a joint and several Judgment against the Obligors for defaulting on the Note as more fully set forth in the summons and Complaint. In the event of default by the Guarantor, Plaintiff will obtain a judgment for the principal amount of $41,996.07 plus interest, late fees, appraisal and inspection fees and reasonable legal fees and costs all in accordance with the Loan Documents and more fully set forth in the Complaint.

NOTICE IS HEREBY GIVEN that a license, Number 1319560, for Seasonal, On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 12 East Gunhill Rd., Bronx, NY 10467. Bronx County, for on premises consumption. D'Amigos Restaurant and Bar Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1320199, for Tavern Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Billiard & Cafe under the Alcoholic Beverage Control Law at 112 Hudson St., New York, NY 10013. New York County, for on-premises consumption. Dreaming Moon Inc.

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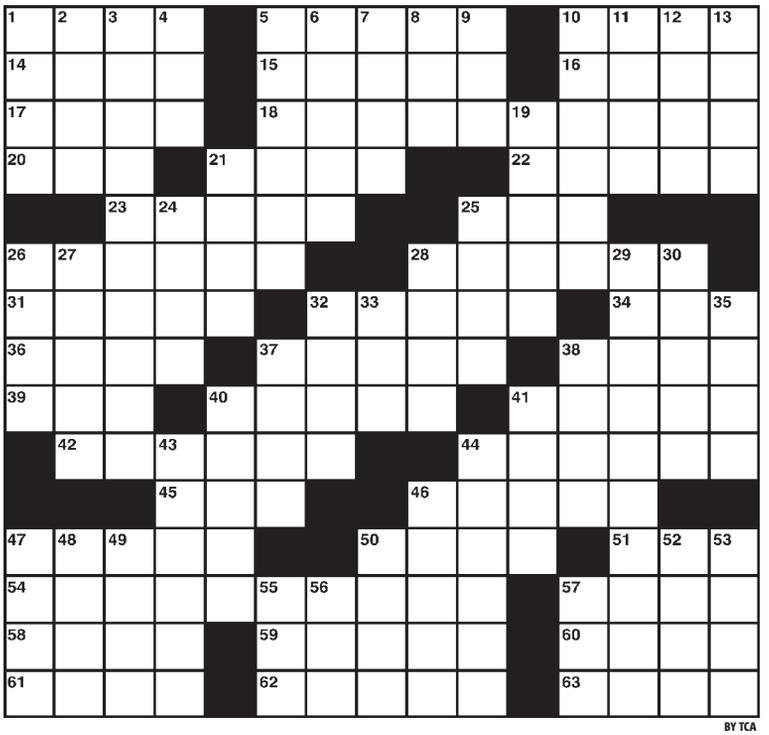
ACROSS

1 Donahue or Aikman
5 McEntire's namesakes
10 Farm machine
14 "All roads lead to __"
15 Steer clear of
16 Buddhist monk
17 Hotels
18 Harasses
20 Greek letter
21 Airflow outlet
22 Stadium
23 Arthritis symptoms
25 "I __ Rock"; Simon & Garfunkel hit
26 Woodwind player
28 __ in; inhabits
31 The "U" in UHF
32 Ethical; righteous
34 Part of TGIF
36 Seeks damages
37 "__, Jose!"
38 __ on; trample
39 Morning hour
40 Measly
41 Irrigate
42 Overexert
44 Like jacket weather
45 Hirt & Unser
46 Wedding party member
47 Chennai's nation
50 Pack in tightly
51 One of JFK's brothers
54 Indirect
57 Theater box
58 ACL tear site
59 Tranquillity
60 Having pains
61 Auctioneer's cry
62 Spud
63 Snow sport gear

DOWN

1 Spill
2 Reagan & Howard
3 All-powerful
4 Simple reply
5 Feel remorse
6 Makes smooth
7 Homer's boy
8 TV spots
9 Glimpse
10 Not singular
11 Tardy
12 Foreboding sign
13 "Jeremiah __ bull-frog..."
19 Desert transport
21 Credit card
24 Exposes
25 "__ in a Manger"
26 Evict
27 Bessie Smith's music
28 Word of disgust
29 U.S. state capital
30 Horseshoe material
32 __ and groan; complain
33 Possess
35 Lively
37 TV crime drama series
38 Uttered
40 Dinner course
41 Idle fancy
43 __ cats and dogs; poured
44 Moon dimple
46 Lee or Willis
47 Ticks off
48 Taboo subject
49 Sword fight
50 Paint layer
52 E trailer
53 Singer Alicia
55 Relevant
56 Arthur of TV
57 __ Cruces, NM



BY TCA

metro.us/wordsearch

P	R	O	V	I	D	E	N	C	E
M	L	O	V	E	C	R	A	F	T
O	C	O	S	M	I	C	I	S	M
U	H	L	U	H	T	C	D	E	E
N	E	Y	S	A	T	N	A	F	W
T	C	D	O	I	S	T	A	R	O
A	E	A	O	K	C	F	I	Q	D
I	Z	N	R	O	H	T	U	A	A
N	M	A	D	N	E	S	S	K	H
S	D	J	A	R	K	H	A	M	S

Arkham
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Cosmicism
Cthulhu
Dark
Fantasy
Fiction
Lovecraft
Madness
Mountains
Providence
Rats
Shadow
Weird
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Category: At the Beach

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L	U	S
A	S	S
	S	E

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	2			1				4
	6	3	7				1	
9		1	4				7	
1	9				5	8	3	
		6		7		5		
	3	2	6				9	7
	5				9	7		8
	7				4	1	5	
2				6			4	

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U	N	C	L	E		I	G	N	O	R	A	N	C	E
S	K	I		M	A	T			L	I	N	G	E	R
		D	R	O	N	E			D	O	C			
T	R	E	A	T	Y			D	E	T	E	S	T	
O	U	N	C	E		P	E	A	R	S		T	E	A
R	I	T	E		S	E	A	T	S		D	E	A	R
O	N	A		O	P	E	R	A		L	E	A	S	T
	G	L	O	V	E	R			F	L	A	K	E	S
			P	E	A			P	R	A	N	K		
S	H	R	I	N	K			A	I	M		N	F	L
C	O	U	N	S	E	L	O	R		A	G	I	L	E
A	B	L	E		R	I	C	E		S	A	F	E	S
T	O	E	D		S	E	T	S			L	E	A	S

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